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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-31)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION
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MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER
REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS
MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE
CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO
MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(950251)-N-MC Relief Society Twice a Winner in Raffle
(950252)-Navy Pensacola Weathers Hurricane Erin
(950253)-Naval Hospital Twentynine Palms Shines Again
(950254)-Ambassador Thanks MEDRETE For Training in Kingston
(950255)-New eval/fitrep instruction available
(950256)-HEALTHWATCH: Headaches and Pregnancy
(950257)-Annual Navy Community Service Conference Announced
(950258)-Abstracts Due for Nursing Research Poster Session

HEADLINE: N-MC Relief Society Twice a Winner in Raffle
NDW Washington (NSMN) -- CAPT John D. Malone, MC, was the
recent winner of Naval District Washington's fund-raising raffle
for the Navy-Marine Corps Relief Society. The winning ticket
held by Malone, a doctor in the Infectious Diseases Department at
National Naval Medical Center Bethesda, MD, was worth \$5,000. He
graciously accepted it. Then he gave it back.

He and his wife -- LT Eleanor Smith, MSC, a pharmacist at
the U.S. Naval Academy's Medical Clinic -- presented the check as
a donation last month to Barbara Morris, executive director of
the D.C. Auxiliary of N-MCRS. Malone said both he and his wife
agreed it was the right thing to do.

"I never bought the ticket to win," Malone said, "it was
just to help the Navy/Marine Corps family. About an hour after I
learned we had won, I phoned my wife and we decided to give the
winnings back. I mean, we're not wealthy, but through hard work
and blessings, we're able to return the money and hope that it
will help a Sailor or Marine in a time of crisis."

Story by Jim McClean, Sea Services Weekly

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HEADLINE: Navy Pensacola Weathers Hurricane Erin

NAVHOSP Pensacola, FL (NSMN) -- Hurricane Erin packed sustained winds of 85 miles per hour and gusts of up to 110 mph as it stormed ashore here Thursday morning, 3 August. The Category 1 hurricane caused extensive power and water outages and damage to homes throughout Northwest Florida and South Alabama before blowing itself out in the northern Ohio Valley early this week.

The majority of naval facilities throughout the Pensacola area sustained minimal damage. Naval Air Technical Training Center, which is currently under construction on board Naval Air Station Pensacola, sustained considerable damage. Project Manager Robert Van Cleave estimates hundreds of thousands of dollars in losses at the NATTC.

On Wednesday, non-essential military and civilian personnel throughout the Pensacola Naval Complex were given notice to remain at home on Thursday. Also on Wednesday, in anticipation of Hurricane Erin, Naval Hospital Pensacola canceled all scheduled outpatient appointments and elective surgeries and shored-up the medical staff for the potential long haul in the aftermaths of Erin.

On the morning after, the naval hospital had sustained nearly \$50,000 in damages to the main facility, warehouse, boiler plant, and its four-star-rated Bachelor Enlisted Quarters. The BEQ, which was scheduled to be inspected 7 August as part of the competition for the Zumwalt Award for best quarters, sustained broken windows and water damage throughout.

Thirty-five trees on the hospital grounds were also toppled by the storm. At NAS Pensacola, scores of trees were twisted and torn from their roots. Shingles and metal sheeting from rooftops were also strewn about the facility. There were no serious injuries as a result of the hurricane. There were two serious carbon monoxide injuries after the hurricane due to the use of gasoline-powered generators after the loss of electrical power.

Some of the most common injuries occurring during hurricane cleanups are: Chainsaw accidents, falls, over-exertion, electrocution and frayed-nerve driving habits.

In a report from Naval Hospital Pensacola's Safety Department, Mr. Bill Graham provided information on cleaning up after a storm. Some of his recommendations, which come from lessons learned over the years, included:

- Consider all electrical lines energized. Don't touch them.

- When using a gasoline-powered generator, be sure it's properly grounded, and

- Keep the generator outside, repeat outside, in a covered area (a dozen people were hospitalized throughout the Pensacola area after Erin because of carbon monoxide poisoning).

- Trees on power lines should be left alone. If cut, the tension on these wires can cause them to spring upward, causing potentially fatal injury.

- Take rest breaks before getting careless while cutting down trees with a chainsaw.

- Leave your ego at home while driving after the storm.

Traffic signals likely will not be functioning. These intersections are four-way stops under most state laws.

-- During clean-up efforts, firmly anchor ladders in any soggy ground areas.

-- Keep an eye on the children. They may not realize the dangers around them.

According to LT John Mills, NAS Pensacola Disaster Preparedness Officer, being ready made the difference. Installations in an area where hurricanes occur must take precautionary measures and know what to do, he said. Story by JO3 David Rush, NAS Pensacola; and Mr. Rod Duren, Naval Hospital Pensacola

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HEADLINE: Naval Hospital Twentynine Palms Shines Again

NAVHOSP Twentynine Palms, CA (NSMN) -- Once again Naval Hospital Twentynine Palms has something to boast about ... thanks to the hospital's Radiology Department headed by LT Lisa Nelson, MC, USNR.

Recently, the Radiology Department underwent a Mammography Quality Standards Act (MQSA) inspection by the Food and Drug Administration on its mammographic facilities, passing with no discrepancies. What is so special about this is that it puts the Radiology Department's mammographic facilities in the top 5 percent of the first 1,000 medical facilities in the United States that have been inspected to date. The Radiology Department at Naval Medical Center San Diego also passed this new federally mandated inspection with no discrepancies.

"This is not only good news for Naval Hospital Twentynine Palms, but it is really good news for the patients who rely on the hospital for their care," said Nelson. "We have to be accredited to do mammography and we have to meet the standards in the MQSA, and this inspection proves that we are doing that with no discrepancies, so we are providing the best care possible for our patients."

According to the chairman of the Radiology Department at Naval Medical Center San Diego, CAPT Walter B. Goff II, MC, 7 percent of the facilities inspected failed with a level one discrepancy and 88 percent passed with minor level two or three discrepancies.

Part of Naval Hospital Twentynine Palms' vision statement reads "...our patients view us as the finest of medical treatment facilities." With departments such as Radiology, this vision statement is fast becoming a statement of fact.

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HEADLINE: Ambassador Thanks MEDRETE For Training in Kingston

AMEMBASSY Kingston, Jamaica (NSMN) -- "I commend the outstanding achievements of the Medical Readiness and Training Exercise (MEDRETE) led by LCDR J.M. Conlon and his team of seven Navy Medical personnel during their deployment in Jamaica 06-20 May 1995," said the American Ambassador in a message from the embassy in Kingston.

The team brought a "train the trainer" program to the

civilian medical personnel of St. Ann Parish and the Jamaica Defence Force (JDF) Medical Staff.

The ambassador noted that the courses were well received and especially appreciated. In addition to training in such areas as mosquito surveillance and control methods, tuberculosis surveillance, and water and sewage treatment, the Navy Medical team donated two CPR training mannequin sets and lent their expertise to repairing medical equipment. "As an added benefit," wrote the ambassador, "the Navy laboratory technician and medical repairman completed repairs, at no cost, on medical equipment at St. Ann's Bay Medical Center, Alexandria Medical Center, and the JDF Hospital...."

"Throughout their deployment, the team displayed the professional sensitivity and openness to a new culture that make these deployments truly joint training opportunities.

"As chief of mission," concluded the ambassador, "I applaud the efforts of each MEDRETE team member and the successful execution of their program objectives."

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HEADLINE: New eval/fitrep instruction available

BUPERS Washington (NSMN) -- The Navy's new evaluation and fitness report instruction has been approved and is available to commands by mail and by computer.

BUPERS Instruction 1616.10 introduces the formal guidelines for the entirely new eval/fitrep system.

The instruction explains requirements for completion and submission of the new report forms. The new eval manual includes an overview section for commanding officers, reporting seniors and raters. It provides general policy information and user annexes, or "mini-manuals," detailing particular aspects of the new system.

The system grades performance on a five-point scale from 1.0 to 5.0. A grade of 3.0 represents a member performing fully to Navy standards. A five-step promotion recommendation scale is also part of the new system.

The instruction also provides information about counseling, which has been made mandatory as part of the new system. Counseling must be conducted at least once at the mid-point of each paygrade's evaluation cycle.

The instruction is being printed and will be mailed to all commands beginning this month. The manual is also available on BUPERS Access and the Internet. Through BUPERS Access Main Menu, select (2) for non-detailers; select (7) for PERS-32. Accessing the manual through the Navy Public Affairs Library on the Internet requires a web browser. To reach the Library, point your browser to <http://www.navy.mil/navypalib/.www/welcome.html>. On the home page, scroll down and click on "Subject Index" or "What's New."

More information is available from NAVADMIN 183/95.
Story by LT Dan Bates, Bureau of Naval Personnel

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HEADLINE: HEALTHWATCH: Headaches and Pregnancy

USNH Yokosuka, Japan (NSMN) -- Are you or your spouse newly pregnant? Congratulations. If you suffer migraine headaches, the good news is that pregnancy usually brings relief. The bad news is that such relief may not come until after the first three months of pregnancy.

What do you do in the meantime? Do not use aspirin or cafergot or DHE or sumatriptan. All of these are bad for your baby. Acetaminophen (i.e., Tylenol) is the preferred remedy for acute headaches in pregnancy.

What if acetaminophen is not successful? Go to your physician to have your blood pressure and eyes and reflexes checked to rule out a serious disease.

Above all -- practice prevention. This means no smoking, no caffeine and no alcohol.

Story by CDR L. Krapin, MC, U.S. Naval Hospital Yokosuka

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 11-15 August, 103rd Annual Convention of the American Psychological Association, New York Hilton; (202) 336-6020.

-- 19-25 August, 12th Annual Meeting and Exhibition of the European Society for Magnetic Resonance in Medicine and Biology and the Third Scientific Meeting and Exhibition of the Society of Magnetic Resonance, held jointly, Nice, France. For information, contact the Society of Magnetic Resonance, 2118 Milvia St., Suite 201, Berkeley, CA 94704; (510) 841-1899.

-- 21-23 August, American Hospital Association Annual Convention and Exhibition, San Francisco, CA; (312) 422-2136.

-- 21-25 August, 5th International OSET Congress, International Organization of Societies for Electrophysiological Technologists, Washington, DC; (712) 792-2978.

-- 27-30 August, 11th Meeting of the International Society for STD Research, New Orleans Marriott; 1 800 642-2515.

-- 8-10 September, National Meeting for Oral Health 2000, American Fund for Dental Health, (312) 787-6270.

-- 9-13 September, 72nd Annual Meeting of the American College of Radiology, Westin Copely Place Hotel, Boston MA; (703) 648-8900. Two seminars with CME credit will be offered 9-10 September: Cardiovascular Imaging; and Clinical Trends, A Predictor of Future Trends in Radiation Oncology.

-- 16-19 September, 17th Annual Educational Conference and Trade Show, American Society of Healthcare Marketing and Public Relations, Dallas, TX; (312) 422-3740.

-- 20-21 September, Fifth Annual Symposium of Healthcare Ethics, Great Lakes (IL) Naval Training Center, "Biomedical Ethics in Current American Culture." Sponsored by Naval Hospital Great Lakes. For information, call DSN 792-4750 or (708) 688-4750.

-- 4 October, Sickle Cell Disease Association of America,

Inc., 23rd Annual National Convention; 1 800 421-8453.

-- 6-8 October, Third Annual Scientific Meeting of the Navy Region of the American College of Physicians, Williamsburg (VA) Marriott Hotel. Hosted by Naval Medical Center Portsmouth, VA. For information, contact CAPT Stephen Beuttel, MC, at (804) 398-5067.

-- 24-27 October, Annual Navy Community Service Conference, "Action in Eloquence," Xerox Document University, Leesburg, VA; (703) 693-3311 or (703) 614-1290 (see article below).

-- 9-11 November, The Integrated Function of the Lumbar Spine and Sacroiliac Joints, San Diego. For information, contact the Office of Continuing Medical Education, University of California, San Diego, School of Medicine, 9500 Gilman Dr., La Jolla, CA 92093-0617; (619) 534-3940.

-- 3-8 March 1996, Association of Military Osteopathic Physicians and Surgeons, Tropicana Hotel and Casino, Las Vegas; (407) 368-2306.

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HEADLINE: Annual Navy Community Service Conference Announced
CNO Washington (NSMN) -- The theme of the Annual Navy Community Service Conference, to be held 24-27 October in Leesburg, VA, is "Action in Eloquence." Announced in NAVADMIN 175/95 (dtg 281857Z July), the conference is intended for Navy community service/partnership coordinators, Family Service Center volunteer coordinators and youth outreach workers, command chaplains, public affairs officers and Navy journalists, school officers, and the myriad others throughout the Navy who work toward forming a bond between their commands and the local community.

The conference will provide professional training on volunteer administration and risk management. It will also provide participants project ideas and networking opportunities.

The conference agenda includes a one-day risk management seminar, workshops, plenary sessions, critical issue working groups and resource exhibitions. A special "Hall of Heroes" will showcase exemplary Navy community service and school partnership activities and resources.

Details about registering for the conference are contained in the NAVADMIN, or you can contact the Community Service Office at (703) 693-3311 or (703) 614-1290. Attendance is limited to 200 people and the deadline for registration is 6 October.

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HEADLINE: Abstracts Due for Nursing Research Poster Session

BUMED Washington (NSMN) -- The abstract submission deadline has been extended to 15 August 1995 for the Eighth Annual Karen A. Rieder Nursing Research Poster Session. This research forum will be held 30-31 October 1995 in Anaheim, CA, during the 102nd Annual Meeting of the Association of Military Surgeons of the United States (AMSUS). Registered nurses in the federal services and the American Red Cross are invited to submit abstracts about research initiated or completed within the past five years. Send your original abstract along with 10 copies to LCDR Sandra

Cupples, NC, USNR, 9104 Wooden Bridge Rd., Potomac, MD 20854-2414. No faxed copies will be accepted. Notification of acceptance with further instructions will be sent as soon as possible, but no later than 31 August 1995. During normal office hours, questions may be directed to LCDR Cupples at (301) 295-2724; DNS 295-2724, or to LCDR Ken Miller, NC, (301) 295-4088; DSN 295-4088.

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4. Events, anniversaries and observances, 13-23 August:
- 13 August: Family Day
 - 14 August: Staff Postgraduate Education Board Convenes
 - 14 August: Dental Corps Duty Under Instruction Board Convenes
 - 14 August: Active Duty Lieutenant Nurse Corps and Medical Service Corps Boards Convene
 - 14-20 August: Aviation Week
 - 16 August: National Medical Dosimetrist Day (402/330-1255)
 - 21 August: Acquisition Professional Community (APC) Selection Board Convenes
 - 22 August 1912: Navy Dental Corps Established
 - 22 August: Morning (0600-0800) and Night (until 2200) Detailing (Washington, DC, time)
 - 23 August: Health Unit Coordination Day (206/235-1129)
 - 25 August 1990: 19,423 Naval Reservists Activated for Operation Desert Shield

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5. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793, DSN 294-0793. FAX (202) 653-0086, DSN 294-0086. EMAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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